How to Cure Corns and Warts. See page 283.
Headaches. See page 281.

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HEALTH

A WEEKLY JOURNAL OF

DOMESTIC AND SANITARY SCIENCE.

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Lie in three words, HEALTH, PEACE, and COMPETENCE."—*Pope.*

EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

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Says a contemporary: A correspondent seasonably draws our attention to another risk which cannot be avoided by the most prudent until it has been generally recognized,—viz., the probably deleterious action of the irritant particles of glass flux, known in commerce as "glittering frost," "frost powder," &c. These particles were formerly affixed to artificial flowers and fancy dresses by some adhesive material; but they are now employed extensively by merely being dusted on before attending places of amusement, and are hence readily shaken off and diffused through the atmosphere by any brisk movements. Our correspondent has experienced irritation of the throat; while he has known other persons who were affected in the eyes, or who suffered from irritation of the skin of the face and hands, doubtless to be traced to this cause.

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It is quite conceivable that the trouble may extend further. It is well known that operatives working in an atmosphere charged with irritant spicules suffer from various forms of chronic pulmonary disease. In his admirable report upon the mortality in England and Wales during the ten years 1871-80, Dr. Wm. Ogle devoted considerable space to the consideration of the mortality from phthisis and diseases of the respiratory organs in what he terms "dust-inhaling occupations." His figures bear a heavy record against the dust of stone and the dust of metal. Hitherto, the dust of glass has escaped observation; indeed, the circumstances under which it is likely to be inhaled render it probable that subsequent bronchial affections are more likely to be attributed to some other cause; still, it can scarcely be supposed that these insoluble, sharp particles can be inhaled with impunity.

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A correspondent of *The Lancet* advocates the addition of some source of artificial heat to the equipment of ambulances in cold weather. "We all know," he says, "how depressed the system is after accidents; how difficult it is to restore warmth; and if to this we add exposure to a low temperature on the ground in frosty or wet weather, any amount of blankets cannot add warmth, only retain what little there remains in the body. One need only picture one's meeting with an accident three or four miles from home, late in the evening, without additional clothing, lying for one or two hours on the damp ground, to realize how some means of conveying heat to the feet and hands would be welcomed." The writer describes the means which he has employed, consisting of a tin-lined copper bottle, holding a gallon and a half, and closed with a screw. It is of hollowed shape, for feet, chest, &c. If filled with boiling water and rolled up in a blanket, it will remain quite hot for three hours, and be fairly warm after seven hours. Some of the hot water can be given to the injured person to drink, with the addition of beef-extract, spirits, cocoa, &c. He mentions also a particular pattern of stable-lamp, which, if placed inside a covered ambulance-waggon, would materially raise the temperature of the interior.

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It is worthy of note that in Dr. Arthur Newsholme's latest quarterly report on Brighton, he attributes the low death-rate of the town partly to vigilant and unceasing sanitary work, and to the high status in respect of sanitation, which most parts of the town can claim. That there was during the third quarter of the past year an almost total absence of infectious disease from the localities frequented by visitors is a matter for satisfaction. The few cases recorded were contributed by the older, more crowded, and more remote parts of the town.

Original Essays

"Life is not to live, but to be well."—*Martial.*

A WORD ON WOMAN'S DRESS.

By a Lady.

Since the last meeting of the British Association, when Miss Lydia Becker championed the cause of stays, various references to the subject of female dress have appeared in the pages of journals, both of lay and professional kind. These criticisms have been for the most part of kindly nature, but in some few cases the male mind has set upon dress as represented in the opposite sex, and has "torn a passion to tatters" in the vehemence with which every detail of women's attire was condemned.

I presume it will be admitted that an educated married woman, who has had some training in physiology, and who has also brought up a family (in the upper middle-class of life) happily and healthily, may be supposed to know something about women's dress. If not, then all my words will be wasted and of none effect; for I can only lay claim to the above qualifications for discussing this all-important subject. Assuming, however, that the Editor of Health admits my claim to be heard on the subject, I take it that a woman's words will not perhaps be listened to without receiving all she may demand for them, namely, a respectful hearing. I do not expect to convince every one of the correctness of the views I have adopted; but a missioner must look to time, as well as to his (or her) own efforts, for the ultimate success of the mission.

I may begin by premising that I have few, if any, theories or "fads" to expound, far less defend. The health-phases of women's dress, I take it, have long ago been settled by the doctors. School children are taught nowadays that to squeeze and compress the chest or any other region of the body is a vital error in more ways than one. They are also taught the benefits of physical exercise, and are made practically acquainted with the gymnastic systems of the day which expand the chest and strengthen the muscles. I take it also that we all own that certain fabrics are proper for winter wear and others for summer wear. Wool for winter, and lighter materials for summer, but with a decided leaning always to wool of one thickness or another as a direct covering for the skin in all seasons. Such are the tenets of my health-practice as regards clothing in my own family circle, and such are the means whereby I am certain I have warded off many colds and much neuralgia and rheumatism. I have only words of pity for those who in this climate profess to scorn woollen underclothing. "More wool, fewer doctors' bills," is a motto the truth of which I have practically experienced, and my medical man (despite his diminished increment) unselfishly agrees that my practice with my family and myself is in accord with the dictates of science, and, he is pleased to add, with those of commmon sense also.

Coming now to more exact details, the "corset question" faces us once again. I say the "corset question," because nobody ventures to approve of tight-lacing. I have no concern at all with those persons who allow their dressmaker to make their bodies fit their clothes in place of the reverse process. I never take my walks abroad, in London or elsewhere, without seeing many examples, not only of girls but of matrons, whose laboured breathing alone, on the least exertion, and whose figures

together, demonstrate that the chest is being "cabin'd, cribb'd, and confin'd" to an unnatural extent. You never, of course, hear any woman confess to being in the very least degree tight-laced. They will demonstrate to you how very loose their corsets are, and you are naturally left (with as much politeness as you can muster) to admire the body and "figure" which show such ethereal proportions as they exhibit. The fact remains that many women tight-lace themselves, and there is an end of it. With them I have no concern. I am arguing out the matter of rational dress as best I may, from my own point of view; and I leave my silly sisters who distort and squeeze the vital organs of chest and abdomen to the fate against which they have well and often been warned. What that fate is let the doctors declare. It is too professional and many degrees too scientific and serious for my pen to describe.

Then we come to this "corset question" again. "To be or not to be?" is the inquiry over which we are all now quarrelling, amicably enough, let us hope. On the one side I find Miss Becker and certain male advocates of corsets; on the other, Vicountess Harberton and the dress reformers at large. The matter resolves itself for women, I believe, into a question of attachment of under-garments, and, really, into that of the best method of wearing our clothing. That heavy, dragging underclothes and gowns form a load which must act injuriously, according to medical testimony. Hence the choice between shoulders and hips which is offered us for the suspension of our clothes.

Dr. Wilberforce Smith, in a recent article, has the following instructive remarks, which seem to put in exact and scientific form the conclusions at which, as a woman and mother, I have practically arrived. I make no apology for quoting Dr. Smith at length. He says: "Whether the hips should afford support for clothing is a question that may be considered with reference to the form of the female torso. Let us clearly understand what we mean by the hips. Now the necessity for efficient bearing-places is just as clear in regard to the clothing of human beings as to the harness of draught-animals. For feminine dress there appear to be four chief bearing-places in use. Taking them from above downwards, these are: 1. The shoulders; 2. the zone of corset-pressure, principally over the ribs; 3. a zone just above the hip-bones; and 4. a zone around the hip-bones. If, then, we refer to the broad, expanded, unyielding surface of the hip-bones (the *ilia*), and if support for the lower garments be obtained by well-fitting bands passing around this region, there can hardly be any injurious compression, and physiology should offer no objection. This method Miss Lydia Becker, if I understand her aright, advocates from the practical standpoint. But the method of obtaining a bearing, partly or altogether, at a level just above the hip-bones is, anatomically and physiologically, another matter. A healthy woman who retains her natural form, has rarely any marked projection of the hips. She possesses no shelf or ledge on which any easily-fitting article can rest. Only in exceptionally bony figures is there, perhaps, a slight natural projection. The Greek sculptor was right as to its non-prevalence; the natural torso presents a gradual, unbroken line of beauty extending from the sides of the chest to the hips.

"A wide departure from this natural outline may, unfortunately, as one walks in any thoroughfare, be usually observed when any younger woman, wearing a walking-dress now prevalent, happens to be nearest in advance. She presents a sudden expansion from the compressed, tapering waist to the width of the hips, whose stout, bony framework defies fashion to tamper any further. The uninitiated have little idea of the subtleties which, alas! underlie a fair lady's trim figure. It would be well if the truth could be brought home to the male sex, whose uninstructed taste contributes largely to maintain the prevalent fashion. In younger women, whose ribs and muscles are still resilient, a partial return to the natural form takes place when the corset is removed. But in later years, when partial ossification of the costal cartilages and a flaccid condition of the attached abdominal muscles have come about, the hips can, in a woman of moderately spare formation, readily afford a sort of permanent shelf or ledge. When this deformity has become settled into 'second nature,' it is very comprehensible that the best adaptation to circumstances, and the greatest comfort, may be found in a corset so fitted that its lowest margin rests evenly on the hips, and in light skirts, whose weight rests on the same bony ledge. Compression being no longer called for, the conventional form can now be enjoyed in the *otium cum dignitate* of permanent possession, together with such degree of activity as constitutional vigour may have carried through the restraints and struggles of life into the comparative calm of later years. But in early adult life it is only by injurious compression of the abdomen that the hips can be converted into a ledge upon which clothing can find support. And it is the starting-point of adult life with which reform is chiefly concerned, for here it is easiest and most to be hoped for. It is at this point that the mother, in justice to her daughters, and —may I say it?—to their future husbands and children, should attempt it."

These words realize my woman's experience, and years before I read them I modelled the dress-arrangements of my daughters and myself thereupon. I agree with those who urge that it is not from the hips certainly that our clothing should be suspended, nor is it from the shoulders entirely, in the sense, at least, in which a man's braces support his "unmentionables." What I have worn myself, and what my daughters wear, is really an "under-bodice," as Lady Harberton calls it, and to this the bands of the clothing are attached. Light braces, I know, are worn by ladies of my acquaintance, but they are never used, as far as I have observed or ascertained, to suspend the clothing. They are often employed to support the under-bodice itself, so that, as Lady Harberton says, the weight of the clothes is really divided between the hips and shoulders.

My own experience, therefore, does not tell so much against a loose or, at least, a "fitting" corset,—one which fits the body without compression, and such as many sensible women wear without any apparent ill-health,—as against the real need for any corset at all. Personally, I have not felt the need to dive into the mysteries of "Bloomerism," nor even to clothe myself or my daughters in Lady Harberton's divided skirts. I take care that no garment shall be made of heavy material, and that it shall not drag, or in any way impede free movement of body. The under-bodice serves all the purposes of stays for attachment; it does not compress the chest; its material is perfectly supple and yielding, and we avoid by its use the weight of clothes suspended from the shoulders, equally with the weight of garments dragging from the hips.

I do not find that either in the case of my girls or myself there is anything untoward or unusual about our figures or our carriage. We have natural figures, I am thankful to say; and if we do not possess the wasp-

waists of the self-tortured votary of fashion, we certainly do not exhibit the so-called "inartistic and unformed figures" of many dress reformers. We play lawn-tennis freely and easily in our ordinary garments, and enjoy cycling and other exercises without any restraint of clothes. I only hope my remarks will serve to induce other mothers to renounce the corset, and to advocate by practical experience of its benefits the simple dress-reform I have attempted to describe.

THE CHEMISTRY OF THE HOUSE.

By Dr. Drinkwater, F.C.S., &c.
Lecturer on Chemistry in the Edinburgh Medical School, &c.

SEVENTEENTH PAPER.

THE CHEMISTRY OF A WASHING-DAY.

(Continued.)

The black ash is treated with hot water, when the carbonate of soda dissolves, and the sulphide of lime is left to become a nuisance to the manufacturer, and very often to his neighbours. The solution of carbonate of soda is boiled down to dryness, and the residue, after being strongly heated, is called *soda ash*; it consists of carbonate of soda without any water. Popular fancy demands that soda should be sold combined with a certain amount of water; therefore the manufacturer has to dissolve the soda ash in water and allow it to crystallize, that is, to combine with a considerable quantity of water and assume the clear, solid masses which we are accustomed to see exposed for sale in the grocers' and drysalters' shops. The word *crystallize* is a new word for us. Crystallization is a process much used in chemical laboratories. If we dissolve a salt, say ordinary Epsom salts, in cold water, we shall reach a point at which the water refuses to dissolve any more. We now have what is termed a cold saturated solution. By boiling this, however, we shall find that we can dissolve more of the salt in the hot water; but there is a limit even here, and when at length we cannot dissolve any more, we have what is termed a hot saturated solution. If this hot liquid be now allowed to cool the excess of solid matter will separate out in the solid form, combined with a certain amount of water, termed water of crystallization, leaving behind a cold saturated solution, usually called "mother-liquor." The solid salt so separated assumes a definite shape, always the same for the same substance, the shape being that of some mathematical figure. A salt so shaped is termed *crystalline*. The quantity of water contained in crystals varies, being always some definite quantity in the same salt. Some crystals readily part with this water on exposure to air, whilst others attract more water from the atmosphere and become moist. Washing-soda is a very good example of the first class, whilst common household salt is an example of the second variety. We all must have noticed how the clear crystal of washing-soda becomes gradually opaque as it lies on the shelf in the washhouse. This opacity increases, and the surface of the crystal becomes coated with a white powdery mass, until the whole crystal breaks down; such a crystal is termed *efflorescent*. Salt, on the other hand, gradually becomes damp by absorbing moisture, this property being due not to the salt itself, but to an impurity present in all household salt to a greater or lesser degree, named magnesium chloride, a salt which it is very difficult to separate from common salt, or sodium chloride, in the ordinary process of manufacture. A salt with this property is termed *deliquescent*.

Now this water of crystallization is of course solid water, for the crystal is solid, and it must not be imagined that the water contained in the crystal is disseminated through its mass in liquid bubbles. It is part and parcel of the solid substance, and, as a rule, if you draw off the water by heat the crystal falls to powder and loses its mathematical shape; it then becomes amorphous. Soda ash would be amorphous, but washing-soda crystalline. If you were to hold a glass of water in your hand and drop in a piece of ice you would immediately feel a sensation of cold, which would continue until the whole of the ice was melted or dissolved in the water. This is accounted for by the heat which is required to melt the ice being absorbed from your hand. Now, if you were to put a thermometer into the glass whilst you were holding it you would find that although heat was passing from your body into the glass the temperature was not rising. The older scientists thought that heat so absorbed was hidden or stored up in the water. They gave the name of "latent heat" to what they thought was a peculiar modification of heat; we now know that there is no such thing as latent heat, that heat is not a substance, not a form of matter, but that it is one of the forms of energy with which this world is stored, and that this energy is employed in the case of the melting ice in doing work, in melting the ice in fact, and until this work is accomplished no rise in temperature will be shown by the thermometer. The same reasoning accounts for the cold feeling when a thaw comes on; the heat is being used up to melt the snow and ice, and until it is all melted we feel very little rise in temperature.

My readers will no doubt be inquiring what is the difference between washing-soda and baking-soda. We might answer this chemically by stating that washing-soda is the normal salt, whilst baking-soda is the acid salt; that is to say, washing-soda contains soda and carbonic acid, with as much soda as it can combine with, whilst baking-soda has only half the soda it is capable of uniting with, the vacancy being filled up with water. The result is that baking-soda has more acid in ratio to the soda than washing-soda. It is made by passing carbonic acid gas over washing-soda crystals. Not being so alkaline in its nature, it would be almost useless for washing purposes, and we must defer any further inquiry into its chemistry for a future paper.

I have already alluded to a new method of soda-manufacture which promises to supersede altogether Leblanc's process. It is known as the ammonia process, and any one who has intelligently visited any of the recent industrial exhibitions which have been so numerous in these latter days, must have seen sets of specimens illustrating the process. It has many advantages over the older process. In the first place, it does away altogether with the objectionable residue of sulphide of lime, which, as I before mentioned, is a nuisance to the manufacturer and his neighbours. The cost of making is lessened, and altogether it is a more satisfactory and more cleanly process in every way. The sulphide of lime residue is all very well so long as it remains sulphide of lime, but it has little commercial value, for although it contains sulphur, yet that sulphur has to be extracted, and the cost of doing this is considerable. Then it changes on exposure to air and in contact with rain, and acid liquids which run to waste in some manufactories; it gives off an abominable smell like rotten eggs, due to the evolution of a gas called sulphuretted hydrogen. So manufacturers, although opposing the new invention at its first introduction, are gradually doing away with

the old plant, and, advancing with the times, are adopting the more recent and more advantageous method. Ordinary brine, as it is pumped up from the salt-springs, is saturated with ammonia gas, and then treated with carbonic acid gas; this produces a precipitate of bicarbonate of soda, leaving a liquid from which the ammonia can be readily recovered; whilst the bicarbonate, or baking-soda, is easily converted into washing-soda by heating, which drives off the excess of carbonic acid gas to be used over again. As is shown, there is little or no waste here; the products are all useful, and the residues can be used over again in the same manufacture.

There are still a few substances which are connected with the chemistry of a washing day, but they must be reserved for another article.

GOING WITH THE TIMES.—"Professor, what are your views concerning the schools of medicine and theology?" Professor: "That depends upon circumstances. When I am slightly ill, I am a homœopathist and a Unitarian; but when I am very sick, I am an allopathist and a Calvinist."

THE FOOTBALL MALADY.—Tennis and baseball have each their special form of ailment, or, rather, there is a particular affection which those who indulge too freely in these sports,—too freely for their strength,—are wont to complain of. Recently an English physician has discovered and formulated an ailment that is peculiar to those who play football. Not being familiar with the game himself, he does not offer any explanation of how the hurt is received, but any one who plays can make a fairly good guess at this. In "rushing," as well as in following or heading off, when the "backs" or "half-backs" come together, the front lines get the most shocks, those stepping highest in running usually getting the most harmless if not the lightest blow, for their high-poised knees act as fenders. But the blow given by this high-poised knee to the adversary is on the front and outside of the thigh. Often a player, after a severe "rush," feels faint and helpless without being able to assign any cause, with perhaps neither pain from nor recollection of a blow. He soon pulls himself together, and goes on with the game. Next day, though still without pain, he cannot run, and finds himself limping. Dr. Werry, writing on the subject, says: "On examination, there may be effusion into the knee joint, a soft and somewhat tender area over the quadriceps extensor femoris, and the patient cannot lift the limb when is kept extended. Ecchymosis is not common. The amount of knee-joint effusion depends on the position of the injury with regard to the bursa behind the quadriceps tendon, and whether the man has tried to continue his sport or walked much after the accident. The blow may be in the middle of the thigh and cause an effusion into the joint; the player may complain of a swollen knee, forgetting the real malady. Usually the muscle is found to be more bruised than broken."

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Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

HEADACHES.

ONE of the most painful and trying of headaches is megrim, or migraine, occurring often in one side of the head. In the popular mind migraine and epilepsy are somewhat allied, and many medical men incline to this view. But a readable article in the *Lancet*, written by Dr. Samuel Wilks, refutes this idea. It is said that the great Sydenham was wont to console himself when afflicted sorely with gout that his was no vulgar or plebeian malady. According to Wilks, the sufferers from headache may apply a like flattering unction to their souls. He says, "I know many families subject to migraine, but in none is there a single member epileptic. And more than this: the opposite fact is true, that the two diseases attach themselves to a totally different class of persons. The migrainous patient frequently belongs to the most cultivated and intellectual class of society, and is of the temperament called neurasthenic, whilst the epileptic, in my experience, belongs to a lower grade, and is generally the stupid one of the family; if, indeed, his fits are not associated with other grave defects of his nervous system. There is no lunatic or idiot asylum without its numerous epileptics, whereas some of the best descriptions of migraine are to be found in the *Philosophical Transactions*, given by the authors themselves."

This author continues, "I will not go so far as to absolutely endorse an opinion expressed by more than one observant medical man, that migraine is never met with amongst the lower orders, although it is difficult to conceive how such services as those of policemen or engine-drivers could go on were it at all common amongst the working community. A man or woman in a higher grade of society can afford to lose a day now and then without interfering seriously with their vocations." We confess we do not accept the foregoing unreservedly. We believe Napoleon the Great, Cæsar, and one of the foremost astronomers of all time, were epileptics, and it has often been pointed out, not without much foundation, we think, that insanity, epilepsy, and genius are often found close together. We are also aware that great genius has shown itself very often among the melancholic temperament, and that among the members of this class headaches are not infrequent. That, therefore, epilepsy and migraine are related we would not say. The subject is well worthy of fuller investigation, and Dr. Wilks does well to open the question.

In the Dublin *Journal of Medical Science* recently, Dr. Little, President of the College of Physicians in Dublin, has an article upon the same theme. He says: "These headaches occur at various intervals, sometimes only three or four times in the year, sometimes two or three times in a week. Migraine is usually described as a full, disabling headache, and is first felt on awaking, or immediately after getting up. Generally those who suffer from it say that they go to bed the previous night feeling particularly well, but occasionally they have a warning of the approach of the attack on the previous afternoon. Sometimes the headache goes away after breakfast; but far more frequently the sufferer is unable to take breakfast, or finds that whether he can take it or not, the headache increases During the day, he has distressing

fits of retching, but usually is able to sleep when night comes, and the following morning he awakes merely weak. In a certain proportion of cases, the headache is at first limited to one brow; and in these the invalid is less fortunate, for he generally finds that on awaking on the second day the pain has not gone, but has merely passed over to the previously unaffected side of the head."

We come now to that part of the subject which will most interest the subjects of headaches. For this complaint antipyrin has won a high reputation. "I have now used this drug for nearly two years," reports Dr. Wilks, "and having seen its remarkable power in arresting attacks of headache, I can fully corroborate the high opinion held by the profession generally as to its merits." The form most convenient and thoroughly reliable are the five-grain Tabloids, the dose of which is about three. This drug is usually successful. Dr. Little says that "Up to October, 1885, I did not know of any treatment which had any distinct power of cutting short the attack when it came, or even mitigating its severity. . . . At this time it occurred to me to try sodium salicylate, and after more than two years' experience of its strikingly beneficial effect, I feel justified in commending it. I am in the habit of directing the patient, when he awakes with any feeling of headache, to take twenty grains of sodium salicylate in a wineglass of water, made effervescent by the addition of a dessertspoonful of the granular citrate of caffein, and, if necessary, to take a second or even a third dose at intervals of two hours."

Probably a better way still would be to take four five-grain Sodium Salicylate tabloids, and a teaspoonful of Bishop's Granular Effervescent Hydrobromate of Caffein.

MADNESS AND MURDER.

THE deeds of murder recently done in that noisome quarter of London called Whitechapel, all, there is reason to believe, the work of the same hand, seem to have attracted the attention of the neurologist as well as that of the police. What was the motive? Most people who have followed the history of these crimes, coming, as they have, one so quickly after another, have laid it to this or that cause, or, at least, it would seem so from those that have been made public. Dr. Hammond, well known in the department of neurology, says, in a recent paper, that no distinct motive was necessary, or, rather, that it may have been a mere fancy or freak, such as often comes to those with deranged or diseased minds, or even for the mere love of pain and cruelty,—a supposition which the hacking of the body in each case would seem to lead to.

There have been nine victims so far, all women; but in the once-celebrated case of Helene Jegado, there were twenty-eight in three years, all being killed by poison, and apparently for the pure love of killing and witnessing suffering; in some cases the suffering of those who had befriended her,—masters, mistresses, friends, and several nuns. And all the while she affected an ardour of piety,—awhile, indeed, an inmate of a convent. Our author declares that a desire "to kill exists, to a greater or lesser extent, in the mind of every human being without exception." Some love to kill game or the lower animals, while others have an irresistible desire to kill their fellows. The mildest mannered man, he says, has it at times, when sufficient cause comes. "It is inborn, instinctive, and no amount of civilization or refinement is sufficient to abolish it altogether." He says that crimes are sometimes done by those to whom the idea of violence is repugnant, whose reason urges them against their own acts, yet with not enough strength to resist the impulse. Neither delusion nor emotional disturbance need come. At one time he is calm, at another excited, but always conscious of his acts.

The epileptic may commit acts of violence while under the influence of a paroxysm, unconscious at the time, though remembering every little detail when it is done; but such cases as every neurologist sees, so we are told, have at times an itching for murder. One man, of amiable disposition, asked to be locked up, and neglected an extensive business, for the sudden impulse that came to him to commit murder. One, who was continually battling against an impulse to kill his wife, cut off his own right arm. A young man applied for medical relief for cerebral hyperæmia, admitting that with it had come a desire to kill a fellow clerk. So strong was it, indeed, that whenever his back was turned he could scarce refrain from plunging a knife into him; once offering a cup of poison, and knocking it from his hand when he would put it to his lips. A woman with an impulse to jump from her window only escaped because, as she was preparing to spring out, a market-boy slipped on the ice in the street and tumbled about awkwardly, setting the woman laughing and driving the suicidal mood from her.

Such moods, it seems, may recur and may not. A young man could not see a fine dress without the impulse to injure it; running into the nearest drug-store for vitriol, and before the mood was gone, ruining over one hundred fine gowns.

The "reasoning" mania would seem, from its description, to be one of the most dangerous, because attacking those from whom acts of violence are not to be looked for. One thus afflicted suddenly finds himself with a perversion of the emotions, derangement of the will "knowing the impulse is a dangerous one, the act it imposes an unreasonable one." But he must do it, being seized with sanguinary fury. Such persons as are unable to control their impulse to commit crime our author looks upon as in the same category as murderers and as meriting the same fate.

To cure warts take an Irish potato and cut a piece off the end and rub on the wart two or three times a day, cutting a slice from the potato each time it is used. Very often one potato is sufficient for the cure.

MAGAZINES OF THE MONTH.—Messrs. Cassell's serials, *The Countries of the World*, *Popular Educator*, and the *Illustrated History of England* continue to prove interesting as educative works. *The Countries of the World*, in particular, forms an admirable companion to the atlas and encyclopædia. *The Season* for February deals largely with spring fashions, and will be read with interest by the fair sex. Its illustrations are admirably executed.

LOISETTE'S MEMORY SYSTEM.—The late Mr. R. A Proctor, in an article on "Strange Feats of Calculating Boys," wrote:—"I am not free to discuss here the method by which my friend Professor Loisette supplies the means both for fixing matters in the memory and for giving the memory effective exercise. I am satisfied that, apart from the use which I have repeatedly found for his method, in forming a mental tablet not easily erasable, of objects or details which I wish to bear in my mind, the use of the method in memorizing by way of exercise strengthens the memory as effectively as a well-devised system of exercise for the limbs strengthens the body."

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"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

HOW TO CURE CORNS AND WARTS.

NEW methods for the removal of these troublesome excrescences are always welcome, says a contemporary. The following are suggestions which have recently been made.

The first is by Dr. Unna, the celebrated dermatologist, and is communicated by Dr. Allan Jamieson to the *Edinburgh Medical Journal*:—A ring of glycerine jelly about the diameter of the wart is painted round it with a fine but stiff bristle paint-brush. When this ring of jelly has quite set and become dry, a circular piece of the strongest salicylic plaster muslin (salicylic 40, creosote 40) is cut sufficiently large to fit within the ring of jelly; jelly is now painted over the ring of jelly already made, and the piece of plaster itself; and, to make assurance doubly sure, a third coat of jelly should be painted widely over all. When these have become almost dry, a layer of cotton wool is to be placed and pressed on. The larger the surface covered with the jelly the less the local pressure on the corn. A single turn of a soft muslin bandage folded round the affected part keeps the plaster in position. The dressing is changed once or twice a week, the horny layer acted on by the salicylic acid is removed, and a new dressing applied.

Dr. Greene states in the *British Medical Journal* that the feet should first be bathed in lukewarm water for about fifteen minutes, then pare away with a sharp knife the upper part of the corn; after which apply the following:—Acid salic., two parts; collodii, flex., four parts; creosoti, one part, with a camel-hair brush or feather, and allow it to dry. This treatment to be repeated every day, or other day, as required.

Mr. Sherman Bigg, of Dover, gives some hints which are mainly surgical. He says:—Pare the corns carefully with a sharp knife, without drawing blood, and lightly apply the solid stick of nitrate of silver. In the course of two or three days scrape away the hardened surface. A small, delicate, pinkish blister will be seen, which should be painted over with a five-per-cent. solution of cocaine, and a small crucial incision made. Usually a bead of pus will escape. Apply lead lotion dressing.

Gubler states that carbolic acid is a much more powerful escharotic than creosote, and that, in a concentrated state, it has the effect of tanning and corroding the skin. Dr. Salemi, of Nice, has taken advantage of this property for the purpose of curing a corn which several other remedies had failed to remove. He gives the following directions:—After bathing the feet in soapy water, dry the affected part. Melt the carbolic crystals by a gentle heat, and apply a thickish layer over the softened surface of the corn, taking care not to touch the surrounding sound flesh. After a few minutes apply to the layer of acid a piece of wadding or blotting-paper to absorb the excess of the acid. Before applying the acid surround the corn with a stout layer of soft collodion. Repeated at intervals of three or four days, this simple remedy is stated to effect a complete cure.

UNCUT cheese needs only to be kept dry. After it is cut, it should be wrapped in a buttered paper scraped almost dry.

TWELVE GOOD THINGS TO KNOW.

1. THAT milk which is turned or changed may be sweetened and rendered fit for use again by stirring in a little soda.

2. That salt will curdle new milk; hence, in preparing milk porridge, gravies, &c., the salt should not be added until the dish is prepared.

3. That fresh meat, after beginning to sour, will sweeten if placed out of doors in the cool of night.

4. That clear, boiling water will remove tea-stains, and many fruit-stains. Pour the water through the stain, and thus prevent it spreading over the fabric.

5. That ripe tomatoes will remove ink and other stains from white cloth; also from the hands.

6. That a tablespoonful of turpentine boiled with white clothes will aid in the whitening process.

7. That boiled starch is much improved by the addition of a little sperm salt, or gum arabic dissolved.

8. That beeswax and salt will make rusty flat-irons as clean and smooth as glass. Tie a lump of wax in a rag, and keep it for that purpose. When the irons are hot, rub them first with the wax rag, then scour with a paper or cloth sprinkled with salt.

9. That blue ointment and kerosene mixed in equal proportions and applied to the bedsteads is an unfailing bedbug remedy as a coat of whitewash is for the walls of a log house.

10. That kerosene will soften boots or shoes that have been hardened by water, and render them as pliable as new.

11. That kerosene will make tin tea-kettles as bright as new. Saturate a woollen rag, and rub with it. It will also remove stains from varnished furniture.

12. That cool rain-water and soda will remove machine grease from washable fabrics.

SCARLET FEVER IN SCHOOLS AND ASYLUMS.

DR. OLLIVIER, of Paris, who has made a speciality of zymotic diseases, states that the rate of mortality of scarlet fever among children under five years is very great. Statistics reveal another fact: that the malady is steadily increasing in Paris. Each year the death-rate of this disease is increased, but though the increase of the disease is nearly equal among the different ages, the excess of mortality is exclusively at the expense of early infancy.

To remedy this evil, it is necessary to combat these epidemics at the points of origin, and to add to the medical inspection of public nurseries and asylums the knowledge we now possess of the times and methods of contagion. Thirty years ago it was believed that scarlet fever was communicated from the appearance of the eruption to the end of desquamation. A little later it was declared the disease was contagious only during the time of eruption, and ceased to be so from the commencement of desquamation. To-day we know to a certainty that the maximum of activity of contagion corresponds exactly to the period of incubation, or rather of invasion of the malady. At this time, more than at any other, contamination is produced by contact, direct or indirect, even for a few moments.

The knowledge of these facts will necessarily lead to a more efficacious method of treatment, to comprehend the watchfulness required during the so-called period of invasion, this lasting four or five days. If the children were taken from the asylum from the first day instead of the fifth, the chances of the propagation would diminish in the proportion of four to one. The diminution would be

lessened outside also, for each child affected becomes in its turn a means of infection in its own family or in its neighbourhood.

All these considerations prove that the child should be taken from the school or asylum as soon as the preliminary symptoms appear. The child is dull, languid, a little feverish, eyes red and tearful, hoarse with some cough. In these conditions, even if the eruption does not manifest itself, the child would be better cared for at home.

All physicians will not accept this statement of Dr. Ollivier as to the time of contagion, says the *Journal*, but it is desirable that the medical inspection of schools should be reorganized and made more regular, more frequent, and more effective.

The conclusions of the author are as follows: It is a good principle to establish that the sanitary regulations of schools of all kinds should be submitted to periodical revisions. It would be a great error to put a seal of immutability upon any rules based upon the medical knowledge of any period, for this is constantly being modified and enlarged.

Ventilation of Public Buildings.—Fainting attacks have long been of familiar occurrence in popular churches and other places of public meeting. A variety of causes are active in bringing about these troublesome ailments. As chief among these, and quite distinct from any personal predisposition, we would only mention two,—overheating and impurity of atmosphere. Both are to a great extent preventable; but we may say that, though some success has been gained in the way of prevention, very much remains to be done before we can expect to find the air in our larger assembly rooms nearly pure enough to satisfy the needs of a large audience. When we think of the duration of some gatherings, and picture the sea of human figures which occupy all available floor space and crowd into flanking galleries, we are inclined to ask, not why it is that faints occur, but why they are not more common. The breathing air allowed each individual is roughly represented by a cubical column, having the area of his seat and a very limited space around it for its section, and ascending to the ceiling. Into this reservoir each individual emits breath every few seconds, and in it shares the unavoidable exhalations of his neighbours, while its upper layers are contaminated by the impure carbonaceous products of lighted gas. Add to this that, in changing the air, the rate of ingress and egress must be limited by precautions for the prevention of draughts, and we cannot but see that in many such cases efficient ventilation is almost, if not quite, impossible. Happily public meetings are not always thus overcrowded, but experience amply proves that in those which are less fully attended the same evils are present in a less degree. The introduction of the electric light has brought some relief, and the purifying action of artificial ventilation, as represented by the fan system and the heated exit flue, is constant, though slow. Still it cannot be denied that much imperfection is evident in most systems of ventilation. This fact, if a stimulus to fresh effort, also embodies a useful protest against the overcrowding and the long continuance of many public gatherings, whether for amusement or for graver purposes.—*Lancet.*

CHEMICAL ANALYSIS.—Dr. Drinkwater, Lecturer on Chemistry in the Edinburgh Medical School, undertakes the Analysis of Water, Foods, Wall-Papers, and of all other products and articles connected with Household Health and Commercial Interests. Terms on application to Dr. Drinkwater, Chemical Laboratory, 41, Chambers-street, Edinburgh.

Popular Science Papers

"Blessings on Science! When the Earth seemed old,
When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

—*Charles Mackay.*

A POSSIBLE REVOLUTION IN MEDICINE.

By Dr. Austin Flint.

(Concluded.)

It is probable that future investigations into the physiology of digestion will show that bacteria play an important part in this function. Pasteur has recently isolated no less than seventeen different micro-organisms in the mouth, which were not destroyed by the gastric juice. Some of these dissolved albumen, gluten, and caseine, and some transformed starch into sugar. Bacteria normally exist in great number and variety in the intestines, although the part which they take in intestinal digestion has not been accurately determined. It has been ascertained, however, that the intestinal micro-organisms produce certain substances which have been regarded as putrefactive, and that the action of these products is to kill the micro-organisms, and thus to limit the putrefactive processes.

In the practice of medicine, recent discoveries in bacteriology have brought about changes which amount almost to a revolution. In certain diseases, among which are tuberculosis, pneumonia, erysipelas, carbuncle, diphtheria, typhoid fever, yellow fever, relapsing fever, the malarial fevers, certain catarrhs, tetanus, nearly all contagious diseases, a great number of skin affections, &c., the causative action of bacteria can no longer be doubted. The conditions necessary to the development of these diseases seem to be a susceptibility on the part of the individual, and the lodgment and multiplication of special bacteria in the system. Some persons are insusceptible to certain infections in the ordinary way, while others present a peculiar susceptibility to certain diseases, which in some instances is inherited. It is probable that a person with an inherited tendency to consumption would never develop the disease if he could be absolutely protected against infection with the tubercle bacillus; but once infected, the bacteria multiply and produce the characteristic signs and symptoms. In other persons the bacillus tuberculosis with difficulty finds a lodgment and multiplies imperfectly. Many of the lower animals are susceptible to tuberculosis, and the disease has often been produced by direct inoculation with a pure culture of the tubercle bacillus. In the light of modern discoveries, consumption can no longer be regarded as an incurable disease. In certain cases the bacteria, if confined to the lungs, may be destroyed, and it has been observed that as the characteristic micro-organisms disappear from the *sputum*, the characteristic symptoms pass away and patients gain in weight and strength. The problem in the treatment of diseases due to the action of pathogenic bacteria is to destroy the bacteria or their products without destroying the patient. It is by no means impossible that such measures will be discovered applicable to all diseases that are dependent upon known forms of bacteria.

In certain diseases, such as the eruptive fevers, the time of reception of the contagion may be accurately determined. These diseases have a known period of incubation, or hatching, which resembles the incubation of bacteria when inoculated upon a culture-medium.

During this period, when there are no symptoms, the bacteria are slowly multiplying, but are still confined to certain localities. They soon become so abundant, however, that they are distributed generally in the system, and the characteristic symptoms of the disease make their appearance; but after a certain time the organisms are destroyed and the disease disappears. In many such diseases the individual affected becomes afterward insusceptible to contagion. Is it not reasonable to hope that methods of treatment may be discovered by which the germs may be destroyed during the period of incubation, or the disease cut short even after it has become fully developed? It is not known why a person who has passed through a certain disease is protected against a recurrence of the contagion, but this is the fact. It is not beyond the range of probability that the immunity acquired by passing through the disease may be produced by other means. It is assumed that all diseases produced by micro-organisms are infectious. If the cause of every infectious disease were discovered, it would not be too much to expect to find eventually means for its cure, its prevention during incubation, or protection against its attacks.

It is probable that all the virulent diseases, such as rabies, are due to the direct inoculation of bacteria. In all of these there is a period of incubation in which, probably, bacteria are multiplying at the site of the wound. When the colonies of micro-organisms are so large that the bacteria or their products find their way into the circulation, the disease is developed; but even a considerable time after the inoculation, the germs may be removed by excision or destroyed by local applications, and the disease prevented. It is probable that bacteria, although they produce infection, are not actually the poisonous agents which give rise to the characteristic phenomena of infectious diseases. In some way the pathogenic bacteria produce substances similar to alkaloids, which are poisonous. These products are called "ptomaines." They have not been obtained from many of the pathogenic bacteria, and, indeed, the study of these toxic agents is still in its infancy; but the production of a ptomaine from pure cultures of the cholera bacillus, which, it is said, gives rise to choleraic symptoms when injected into the body of certain of the lower animals, the production of tetanine from cultures of the tetanus bacillus, and other recent researches, render it probable that each form of pathogenic bacteria produces a peculiar toxic ptomaine.

A rational treatment of disease, based upon a knowledge of the mechanism of infection, is not a thing entirely of the future. Fermentive indigestions are successfully treated with what are now known as disinfectants; in many instances the bacteria of consumption may be destroyed; various skin diseases are cured by killing the organisms which produce them; diphtheria is sometimes cut short by attacking the germs on the mucous membranes; and such examples might be multiplied.

An account of the relations of bacteria to disease, however brief, should include the remarkable results which have followed the introduction by Lister, about 1860, of antisepsis in surgery. Nine or more different forms of bacteria have been distinguished in pus. Some of these, as well as other forms which produce pyæmia, hospital gangrene, septicæmia, and other conditions which sometimes follow surgical operations, are developed from germs floating in the atmosphere or attached to surgical instruments, sponges, dressings, &c. Lister was the first to perform surgical operations under conditions which precluded the possibility of infection of wounds by micro-organisms; but his early methods were cumbrous and difficult. The *technique* of surgical operations at the present day is simple enough, but is absolutely antiseptic. Every instrument used is kept in a tray filled with a solution containing carbolic acid in the proportion of one part to about forty of water. The sponges are thoroughly cleaned and disinfected. The ligatures, after having been boiled in an antiseptic fluid, are kept in this fluid until used.

All bandages and other dressings are made thoroughly antiseptic. The hands of the operator and of his assistants are thoroughly disinfected, and are dipped from time to time in a carbolic acid solution. The part to be operated upon is shaved, and then scrubbed with soap and washed with an antiseptic solution. It is also isolated from the rest of the body by cloths wrung out in an antiseptic fluid, so that only this part is exposed. An assistant follows the knife of the surgeon with a stream of antiseptic liquid. When the operation has been completed, the wounds are closed and thoroughly protected by antiseptic dressings. Antiseptic drainage-tubes are introduced, when necessary, to carry off discharges. The general result of these precautions, which are now taken in all well-appointed hospitals, and are employed, when practicable, by all good surgeons, are an absolute protection of wounds against purulent and other affections, and an elimination of nearly every danger that may attend surgical operations, except shock. The elimination of these dangers, by thorough antisepsis, has enabled surgeons successfully to perform operations of a magnitude that would have appalled an operator of the olden time. Indeed, the revolution in surgery since 1860 has been more complete even than in practical medicine.

This brief sketch of the progress in medical and surgical methods due to bacteriological studies was not written for the professional reader, and its subject has been treated from the stand-point of a practical physician only. I venture to say that few persons who have not closely followed the work of modern pathologists, have any definite ideas with regard to bacteria, what they are, how they are developed, and what their importance is in nature. Bacteria are everywhere. They abound in the earth, in water, in nearly all kinds of food, and in many of the animal fluids; their germs exist even in the atmosphere; but it must be remembered that of the immense number and variety of these micro-organisms, only very few are toxic or are capable of producing toxic substances. If what is known of the relations of bacteria to disease can justify even a small part of the speculations with regard to the possible results of future investigations, our present knowledge of the relations of micro-organisms to digestion, to the growth of plants, to the changes of matter involved in putrefaction, and to all kinds of fermentation, opens a field for the imagination that seems truly illimitable.—*The Forum.*

IS CHEAP QUININE A BLESSING?—The *Medical Record* is not so sure that cheap quinine is such an unalloyed blessing. It has come about that nearly every family now has its quinine bottle, that it is sold at many general stores, and that the doctor rarely meets an invalid who has not been thoroughly dosed with quinine. The drug, when taken continuously or excessively, is an injurious one; and its therapeutic value is greatly exaggerated in the popular mind. The value of quinine in "colds," bronchitis, ephemeral fevers, anorexia, general malaise, and various other minor ills, the editor thinks, is most problematical.

ANTIDOTE AGAINST BITE OF POISONOUS SERPENTS.

Mr. G. A. Farini, the explorer of the Kalahari Desert in South Africa, relates that some of his oxen had been bitten by poisonous snakes, whereupon one of his bushmen undertook to cure them. He took a knife, made one or two incisions round the place where the bite was, which was easily seen by the swelling, and rubbed in a powder which he said was made from the dried poison-sacs of another snake. In a few hours the swelling had entirely subsided, and the cattle were as well as their half-starved state would allow them to be. Mr. Farini expressed a doubt whether this "cure" would be efficient in man, but the bushman asserted that it was. On the very next day the bushman was bitten by a full-grown capell, or "spungh slange." Coolly taking out some dried poison-sacs, he reduced them to a powder, pricked his foot near the puncture with a knife, and rubbed the virus powder in just as he had done with the cattle. Then he extracted the fangs of the freshly-killed snake, drank a drop of the poison from the virus-sac, and fell into a stupor which lasted some hours. At first the swelling increased rapidly, but after a time it began to subside, and next morning he inoculated himself again. That night the swelling had disappeared, and in four days he was as well as ever.

At Mier, Mr. Farini obtained information from Mr. Halliburton of another antidote, in the shape of an animal,—a little saurian, called the N'auboo. Every bastard, or half-breed, and every native in that region carries it in a dried and powdered state. The animal is a little lizard, with rather short legs, but capable of moving along at a great speed. It is supposed to be the most deadly of all reptiles, save the little worm called kameroo. The natives pay a big price for them, often paying an ox for one. There is hardly a bastard in that part of the country who has not some N'auboo, in case either man or beast is bitten by a snake. It is said never to have been known to fail. The whole of the animal is dried and reduced to powder. When anyone is bitten by a snake, some incisions are made near the bite, and the powder rubbed in. The swelling ("even in extreme cases") will gradually subside. When the natives have no N'auboo, they use the poison of any snake in a similar manner.

Mr. Halliburton assured Mr. Farini that he had often seen it applied, and always with success. Mr. Farini asked whether it might not amount to the same thing if a traveller were to carry along with him a live poisonous snake, so as to have the latter produce a second bite near one inflicted on the road by a stray snake. This question was probably asked to test Mr. Halliburton's veracity or intelligence. The latter replied that he did not know whether this would answer the same purpose; he at least would not want to try it, but he had positive evidence of the good effects of N'auboo.

Mr. Farini only succeeded in obtaining the head portion of one of these animals, which he brought back to England. This has been placed into the hands of competent authorities on the continent of Europe for physiological investigation.

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Healthy Houses

"A happy home must be a healthy home."—*Anon.*

HEALTH, COMFORT, AND ECONOMY IN COTTAGE CONSTRUCTION.

By J. Corbett, Sanitary Engineer.

In studying this question, and the cognate ones of improving city slums and providing block-dwellings in populous districts, I have inspected the slums of our largest cities, and also their improved dwellings; visited and lectured in many manufacturing towns; and collected plans and useful information from many sources.

The liberal offer made by Mr. William Westgarth, through the Society of Arts, for essays on the best means for providing dwellings for the poorer classes of Central London, induced me to prepare an essay and plans for block-dwellings, to which was awarded in 1885 the premium of £100.

Many of the special features of these plans for block-dwellings are equally applicable to ordinary cottage or small house construction; and so I have embodied them with some modifications in the following paper, in order to bring them under the notice of cottage-builders in this populous manufacturing district.

The recent tendency to return to Old English examples for middle-class household furniture, and also for structure and arrangement, may, with advantage, be extended to cottage-dwellings. By judicious modification and adaptation to modern ideas of comfort, many old features of cottage construction may be introduced, displacing the shabby imitations of structural architecture which are now the usual features of cheap building.

Before entering into structural details, it will be well to consider what are the chief requirements of health and comfort, and what the chief hindrances to attaining health and comfort in cottages or cheap houses.

Health requires ample light, airiness, cleanliness, warmth, and dryness in every room.

Comfort requires avoidance of draughts; avoidance of hollow floors or walls, forming warrens for mice and other vermin; of weak plaster, easily pierced by vermin; of weak floors, creaking and yielding underfoot; of fragile ironmongery, shelving, and other fittings.

Economy requires that the cheapest efficient materials, and the smallest quantity of materials compatible with efficiency, shall be used throughout the structure.

In order to put my suggestions into some definite order, I will endeavour to follow the several trades through the construction of an ideal group of cottages, beginning with the excavators' and bricklayers' work.

The less excavating the better, as a rule, for cottages without cellars. Surface-soil should be removed because of its vegetable consistency, and it is generally saleable.

"Made ground," or filled-up stuff, is often a perilous foundation, either for health or stability. A great sanitary authority is reported to have stated some years ago that midden refuse tips were not fit for building upon until two years after their formation; and this fatally misleading advice has been repeated again and again by careless writers. Common experience proves that such refuse tips remain foul and give out injurious emanations for scores of years, probably for centuries, after their first formation. In my opinion, the only structure for a house-floor on such a site compatible with health, com-

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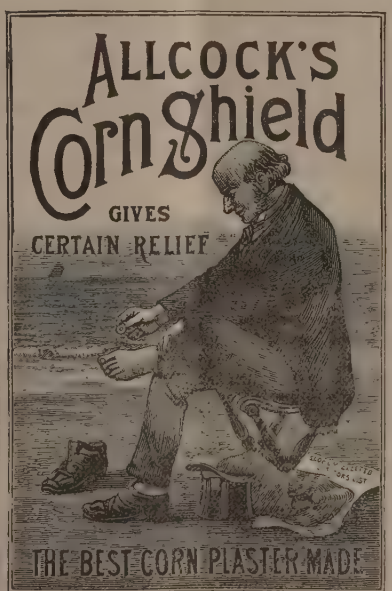

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fort, and economy is that of raising the house-floor two steps above the surface-level, and covering the site with half-brick arching and a coat of pitch; thus providing for free ventilation between the foul ground and the floor, and preventing any direct emanations from the ground into the house. The bricks used for these arches and their foundation walls may be of inferior quality and rough shape.

The outer walls need not be more than one brick (nine inches) in thickness. The great majority of middle-class houses in Lancashire have walls only this thickness, and it must always be remembered that to insist on a needless thickness of walls is to insist on a needless burden of rent caused by their extra cost.

The outer facing-bricks must be of hard, impervious quality, and this for many reasons. They will thereby prevent rain from soaking through to the rooms; they will avoid liability of the bricks to bursting by frost and thaw; they will retain their warm colour, not becoming either mossy or soot-stained; but, most important of all, they will keep the house warm by avoiding taking in moisture and gradually evaporating it out again, a process similar to that of a porous water carafe, by which the inside temperature is made many degrees lower than the external air.

Where the bricks are not sufficiently impervious, they may be protected externally by a couple of coats of boiled linseed oil laid on hot while the walls are dry in summer time.

Stone walls may be similarly benefited by two coats of Portland-cement wash of the consistency of cream, and this may be slightly tinted where so required.

The most serious false economy made in connection with external walling is the omission of overhanging eaves in all but the front walls. By an overhang equal to only one-twentieth of the height of a wall, about nine-tenths of the rain-fall may be kept off it, and its dryness and warmth materially increased. At the same time, such overhanging eaves on all sides give a much enhanced appearance to the house.

Artistic effects scarcely come within the range of this paper; but as comfort is certainly promoted by tasteful appearance, I may call attention to the excellent effects attainable by suitable corbelings, arches, salient courses, and other very inexpensive uses of common bricks, infinitely preferable to the patches of wrought stonework or fancifully-coloured brickwork often used as decorative features on cottages.

The smoke flues offer an opportunity for considerable economy and increase of comfort. We usually see similar flues, 14 in. by 9 in., applied to the huge kitchen range of a mansion and to the little fireplace of a cottage. For a cottage such a flue is most inconveniently large; it is too large to heat, and therefore draws poorly, while in windy weather it causes an excessive draught through the room. A flue 9 in. by 7 in. is large enough for a cottage kitchen or bedroom; it will draw better, and requires less sweeping than a larger flue. It has been objected that by retaining less soot it evidently discharges more soot than a larger flue, but any such tendency is more than balanced by the great economy of fuel resulting from the avoidance of irregular and excessive draught.

By reducing the size of flues the bulk and cost of chimney is materially economized.

(To be concluded.)

Sugar, glycerine, and gum arabic are the articles used to produce the glossy appearance of ink.

Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

Fog and its Effects. — Though we have during the present week witnessed some abatement of the lately prevalent fog, it would be premature to conclude that the worst is now over. Meanwhile we take advantage of a temporary lull in the general chorus of disapproval to inquire how far it was deserved. Everything, good or evil, has its apologists, and our ordinary City fog is no exception. The mere fact that, in spite of this enemy to comfort and free movement, we live on much as before, does not in our view, however, justify the assertion that fogs are not injurious to health. The presence of a large amount of carbonaceous matter in their composition must indeed moderate certain effects, but this is only a diluted good. Let us admit that it implies a certain disinfectant property, and we must also allow that it entails an equal degree of mechanical irritation. The healthy wayfarer probably knows this only as a cause of smarting nostrils and conjunctivæ. The sufferer from a chest disorder, with bronchi prone to spasm, or air-cells loaded with secretion, feels its contact to be a much more serious matter. Some aggravation of the original disease is for him almost inevitable, and the chronic invalid with feeble heart and lungs partially destroyed has often found it to be little else than a sentence of death. The case of persons in health is happily more favourable. Were we to dilate upon all that constitutes a fog in one of our great cities, upon the sulphurous, ammoniacal, acid, and organic matters in its condensed vapour, and trace these to their original sources, we might indeed be tempted to ask whether life under such conditions was reliable. Science and experience, however, agree in showing that, with ordinarily vigorous health as a starting point, and with reasonable care, no serious danger need be apprehended. The quantity of noxious matter in suspension is at any time small. The amount of oxygen varies little if at all from the normal, and water, vapour, and smoke being by far the most abundant added constituents, the mechanical impediment to respiration is practically the only danger. The aged and the very young must, of course, feel the fog most, particularly when accompanied by such cold as that of last week. Their case, and, as far as it can be met, that of the poor, form at such a time the rallying points of needful attention. The most suitable preventives of mischief from this cause are familiar to many of us. Sufficient food, warm under-clothing, warmth with ventilation by means of a fire or stove indoors, and, for persons with irritable bronchi or lungs, a respirator, the simpler the better, are all that need be here mentioned.—*Lancet.*

Diphtheria Spread by Cats.—Domestic animals have often not only been suspected but found guilty of spreading infection. In his report on the recent sustained prevalence of diphtheria in Enfield, England, Dr. Bruce Low, of the Medical Department of the Local Government Board, incidentally states that during the continuance of the epidemic, cats were observed to suffer in considerable numbers from illness; and in December, 1887, and in January, 1888, there was a large mortality among those animals,—so much so, that the attention of the dust-contractor was directed to it. He stated that never in his previous experience had he seen so many dead cats

in the dust-heaps. Some households, seeing their cats ill, destroyed them. Though there were no known cases of diphtheria occurring in the practice of the veterinary surgeons at Enfield, yet they saw many cases of "influenza" at this time among animals. The following is an illustration of the possible connection between diphtheria in children and in cats:—A little boy was taken ill with what turned out ultimately to be fatal diphtheria. On the first day of his illness, the cat, which was in the room at the time, licked the vomit on the floor. In a few days (the child meanwhile having died), the animal was noticed to be ill, and, her sufferings being so severe, and so similar to those of the dead boy, the owner destroyed her. During the early part of its illness, this cat had been let out at nights in the back yard as usual. A few days later, the cat of a neighbour, who lived a few doors farther off, was noticed to be ill. It had also been out in the back yards at night. The second animal, which, however, recovered, was the pet and playfellow of four little girls, who, grieved at the illness of their favourite, nursed it with great care. All four girls developed diphtheria, the mother being convinced that they got it from the cat; and, indeed, no other known source of contact with infection could be discovered. It is easy to imagine cats catching infectious diseases like diphtheria, when we remember how often milk and other unused food from the sick-room is given to the cat, or by some people thrown out in the back yard for the benefit of their neighbours' cats if they have none of their own. It is a frequent occurrence to see children carrying cats in their arms, and even kissing them. It is obvious that, if the cats were ill with diphtheria, the children, under such circumstances, would almost inevitably contract the disease.

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The Dreams of a Hasheesh Smoker.—*Science* describes the experiences of a gentleman who placed himself under the influence of hasheesh. He smoked it until he felt a profound sense of well-being, and then put the pipe aside. After a few minutes he seemed to become two persons; he was conscious of his real self reclining on a lounge, and of why he was there; his double was in a vast building of gold and marble, splendidly brilliant, and beautiful beyond all description. He felt an extreme gratification, and believed himself in heaven. This double personality suddenly vanished, but reappeared in a few minutes. His real self was undergoing rhythmical spasms throughout his body; the double was a marvellous instrument, producing sounds of exquisite sweetness and perfect rhythm. Then sleep ensued, and all ended. Upon another occasion, sleep and waking came and went so rapidly that they seemed to be confused. His double seemed to be the sea, bright and tossing as the wind blew; then a continent. Again, he smoked a double dose, and sat at his table, pencil in hand, to record the effects. He lost all conception of time. He rose to open a door, and it seemed to take a million years. He went to pacify an angry dog, and endless ages seemed to have passed when he returned. Conceptions of space retained their normal character. He felt an unusual fulness of mental impressions,—enough to fill volumes. He understood clairvoyance, hypnotism, and all else. He was not one man or two, but several men living at the same time in different places, with different occupations. He could not write one word without hurrying to the next, his thoughts flowing with enormous rapidity. The few words he did write meant nothing.

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Medical Etiquette.—Next to the unpardonable crime of being a homœopathist, the gravest and most heinous offence which a medical man can commit is to write a book on medical subjects which is likely to interest or inform the general public. If it is simply a compendium of domestic medicine, or takes the shape of advice to mothers or counsels for the management of the nursery, the profession, no doubt, regards its appearance with indifference, if not with approval. But the publication of anything which is calculated to be more variously and extensively useful is at once condemned by "medical etiquette." If it is not strictly a professional treatise, couched in terms equally unknown and repellent to the laity, it is immediately placed on the professional Index, and its author is exposed to the risk of professional excommunication. Even where the work is primarily intended for the guidance of the practitioner,—as, for instance, Dr. Robson Roose's *Nerve Prostration*,—it is liable to censure and objection; not because it lacks learning, but because it abounds in common sense. It matters not that its whole tendency is to diffuse sound and accurate knowledge, which is always the surest safeguard against the allurements of quackery and faith in popular nostrums, or that its warnings and encouragements are calculated to prevent innumerable mischiefs and allay innumerable fears. It has been reviewed in the *Daily Telegraph*. It has been noticed in *The World*. It is therefore a thing accursed, and a mere advertisement for swelling a practice already too large and distinguished for the satisfaction of the profession. But more serious still, according to the canons of "medical etiquette," is the culpability of the medical man who ventures to appeal to the public at large in vindication of himself from the grossest slanders and calumnies, even supposing that the widest circulation has been given to them which the rancour of an envious and disappointed clique and the hostility of a powerful Government can insure. It is nothing that the tribunal selected should have been chosen in the first instance not by him, but by his adversaries. It is nothing that all the main facts on which his defence is grounded should have already received the utmost publicity, and that the assent of those nearest and dearest to the patient to whose case it refers should have been extended to the addition of every further particular and detail which he has supplied. In spite of all this, we are told such a work as Sir Morell Mackenzie's *Frederick the Noble* is a thing which professional delicacy cannot pass over without protest, and hence we are driven to infer that silence and consent are the only weapons with which a physician is permitted to meet the vilest and most damaging attacks on his character. If, as we believe, the above are fair examples of the practical working of "medical etiquette," most people will be of opinion, we imagine, that the sooner its rules and regulations are subjected to amendment the better. It is doubtless very desirable that the Colleges of Physicians and Surgeons should exercise a vigilant supervision over the conduct of their members, and that they should have the power, within reasonable limits, of determining in what professional propriety and decorum consist, and of censuring any departure from them. But in order that professional criticism should carry weight with the public, it is above all things requisite that it should be free from the suspicion of professional jealousy. And that it is free from that suspicion at present is a great deal more, we are afraid, than can be affirmed with truth and confidence.—*The World*.

"Well, what you wearin' glasses fur, Mr. Johnsing?" Mr. Johnsing: "Fur my eyes, nigger; did you 'spose I wuz wearin' 'em fur de colic?"

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(3.) To each person who subscribes 32s. 6d., for three copies of HEALTH, post free, weekly, for one year, we will present the volume by Dr. Richardson mentioned above, and also the handsome, illustrated book entitled, "Studies in Life and Sense," by Dr. Andrew Wilson (Chatto & Windus), value 6s.—being a free gift of the total value of 12s.

The bonus last mentioned will also be presented to anyone who succeeds in obtaining three yearly subscribers to HEALTH, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with HEALTH should be addressed directly to the PUBLISHER, 2, Paternoster-square, London, E.C., and *not to the Editor*.

WIFE (just commenced housekeeping)—"Algy, will you get a small sponge at the drug store before you come home to-night?" Algy—"Certainly, ducky." Wife—"And, Algy, ask the clerk how much of it he mixes with dough for three loaves of bread."

OVERCOME BY THE TEMPTER.—A writer in the *Cornhill Magazine* cites some amusing instances of the way in which the words of the services are misunderstood or misinterpreted by the ignorant in the rural districts. In one case, a Yorkshire incumbent exhorted a woman to endeavour to dissuade her husband from the practice of taking immoderate doses of quack medicines. "It is a downright sin," urged the minister. "I know it," replied the woman, "and many's the time I've prayed against it in the Church service." On being asked to say what passage she referred to, she replied that it was the prayer in the Litany, "From all false *doctoring*, good Lord, deliver us."

Sanitary Appliances, Etc.

MESSRS. FRY'S COCOA.

IN a comparatively early issue of HEALTH, we expressed our high opinion of the purity and excellence of the Cocoa made by Messrs. J. S. Fry & Sons, of Bristol. From a fresh examination of the products of this firm, we are enabled to repeat our previous criticism, with the addition that Fry's Cocoa is a pure, unadulterated article, of pleasant and agreeable taste, possessing a fragrant aroma, free from excess of fat, and remarkably economical in use. A perusal of the mass of medical testimonials which Messrs. Fry have received is, in itself, a sufficient guarantee of the high excellence of their manufactures; and we are able, from an independent examination of these products, to add our testimony to their purity and value as food-products.

WHAT IS LUCK?—A philosophical definition of luck is given by an English writer as a capability of being incapable. "The first Rothschild was probably right, from his point of view, when he said that he never would employ an unlucky man. On the other hand, the lucky man is usually the man who fits his fortunes; who, whether apparently able or stupid, can do just what his especial circumstances require him to do. Very stupid men are often ready men, armed with a readiness as of dogs when they twist from under a cartwheel unhurt. The 'fool who makes a fortune' is usually a man with just the foresight or just the judgment or the intuitive perception of the way things are going,—a faculty like long sight or keen hearing, and independent of intellectual power,—requisite to make large profits quickly. In fact, the fortunate man is usually the man who, in consequence of some hidden quality in his nature, deserves fortune."

Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. *Those intended for the Publishing Office to be sent to* MR. A. P. WATT, THE PUBLISHER, *at the same address.*

RULES FOR CORRESPONDENTS.

OWING to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the LETTER-BOX DEPARTMENT of HEALTH, to the following rules:—

1. **All questions are answered free of charge in the columns of HEALTH. A limited space only, is available for the insertion of replies each week.**
2. **All letters must be legibly addressed to "The Editor of HEALTH, 2, Paternoster-square, London, E.C.," *and to no other address.***
3. **Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of HEALTH. A stamped addressed envelope must accompany all queries to which a private reply is desired.**
4. **Addresses of physicians and surgeons will, as heretofore, be forwarded FREE to Correspondents on their enclosing a stamped addressed envelope for reply.**
5. **Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.**
6. **From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.**
7. **No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.**

"ELECTRICITY IS LIFE."
(TRADE MARK.)

PULVERMACHER'S

WORLD-FAMED

GALVANIC BELTS,

FOR the CURE of NERVOUS DISEASES,
HAVE RECEIVED TESTIMONIALS from
THREE PHYSICIANS to
HER MAJESTY the QUEEN,
THE ACADÉMIE DE MÉDECINE of Paris and
FORTY MEMBERS of the
ROYAL COLLEGE of PHYSICIANS of LONDON.

RECENT TESTIMONIALS.

GALVANISM *v.* NERVOUS EXHAUSTION.
99, Wotton-hill, Gloucester, 14th January, 1889.
Dear Sir,—I am very thankful to say that since wearing your Galvanic Belt I am so much better in my health, that I am a wonder to my friends, and my object in writing now is to ask your advice in another case of nervous weakness.—Yours very gratefully, WM. CROSS.
Mr. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* NERVOUS EXHAUSTION.
280, George-street, Glasgow, 10th January, 1889.
Dear Sir,—I wish to say that your Galvanic Belt has been thoroughly satisfactory in its action, and has imparted a healthy tone and vigour to my system, and I have no reason to doubt the permanency of the effect. I shall certainly recommend your treatment to my friends, and am yours truly, D. WYLIE.
J. L. Pulvermacher, Esq., 194, Regent-street, W.

GALVANISM *v.* INDIGESTION and SLEEPLESSNESS.
The Square, Bolsover, Jan. 9th, 1889.
Dear Sir,—I am very happy to say I am now nearly free from indigestion, and I sleep well and have a good appetite. I walked eight miles a few days ago with less fatigue than I walked two before I had your Galvanic Belt. I shall recommend your appliances whenever I have the opportunity.—Yours faithfully, R. A. MARPLES.
Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* NERVOUS EXHAUSTION and LOSS OF VOICE.
Moss Side, Fyvie, Aberdeenshire, N.B., January 7th, 1889.
Dear Sirs,—Allow me to say that I have derived very considerable benefit from your Galvanic treatment, my health has improved nearly to perfection, and my voice is entirely restored. On the whole, I feel a degree of comfort which I have not enjoyed for many years previous to the application of your Galvanic Appliances.—Yours most gratefully, T. GRANT.
Messrs. J. L. Pulvermacher & Co., 194, Regent-street, W.

GALVANISM *v.* NERVOUS HEADACHE.
Alveston, Derby, 5th January, 1889.
Dear Sir,—I am pleased to inform you that your Galvanic Combined Band has been of great service to me for extreme headache, from which I have been a great sufferer. I shall be pleased to answer any inquiry through you, and beg to remain, yours truly, W. WARD.
J. L. Pulvermacher, Esq., 194, Regent-street, W.

GALVANISM *v.* CONSTIPATION AND NERVOUS EXHAUSTION.
Milnthorpe, Westmoreland, 28th December, 1888.
Dear Sir,—I have gained a considerable deal of flesh since wearing your Appliances, and they have done me more good than any other remedy I have tried. I have not taken a pill or a draught for nearly two years, but before I commenced your treatment I had to take medicine nearly every day.—Yours faithfully, R. ARMER.
Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* LOCAL WEAKNESS and NERVOUS DEBILITY.
Island of Islay, N.B., 18th December, 1888.
Dear Sir,—This is to certify that after wearing your Galvanic Combined Belt for a period of six weeks, I was completely and permanently cured of a very severe case of local weakness, which had resisted every advertised remedy for the long period of five years. You can give my full address to any *bond fide* inquirer, and I beg to remain, yours gratefully, B. ALEXANDER.
J. L. Pulvermacher, Esq., 194, Regent-street, W.

GALVANISM *v.* INDIGESTION.
70, Burford-road, Nottingham, 15th December, 1888.
Dear Sir,—I want you to send one of your Galvanic Belts to the following address, and I must say I have found your treatment a perfect cure for indigestion.—Yours faithfully, T. MELLORS.
Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* NERVOUS EXHAUSTION.
The distressing symptoms of Nervous Exhaustion and Debility are speedily removed by means of PULVERMACHER'S world-famed GALVANIC BELTS, which are so arranged as to convey a powerful electric current direct to the affected parts, gradually stimulating and strengthening all the nerves and muscles, and speedily arresting all symptoms of waste and decay.

ADVICE PERSONALLY or by LETTER, free of charge.

FOR FURTHER TESTIMONIALS, both Medical and Private, see new Pamphlet, "GALVANISM: NATURE'S CHIEF RESTORER OF IMPAIRED VITAL ENERGY," post free on application to

J. L. PULVERMACHER AND CO.,
GALVANIC ESTABLISHMENT,
194, REGENT-STREET, LONDON W.
(ESTABLISHED OVER FORTY YEARS.

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL.

A CONSTANT READER—[Will please use in future a more distinctive *nom de plume*.] Writer's cramp can only be satisfactorily treated by a physician, in conjunction with massage. If you desire name and address of a London authority, send stamped addressed envelope. We may add that, if your letter is in your own handwriting, it shows no evidence of "writer's cramp" whatever.

EREBUS.—1. You cannot treat such a form of skin-disease by any amateur efforts. You should take the advice of a specialist in skin-diseases, and be guided by him. Yours is exactly one of those cases in which a physician's care is able to do a great deal towards a cure. 2. An over-fatty soap (Unna's or the "Vinolia" Soap, sold by Roberts & Co., 76, Old Bond-street, London, W.) should alone be used by you, in conjunction with other remedies. Apply to the skin "Vinolia" itself (Roberts & Co.), and note effect of this treatment. If you wish address of a specialist, send stamped addressed envelope.

MADAM.—You suffer from defective food-assimilation, and we should recommend you to try a little stout each day to dinner, or a little good claret. Your total abstinence is probably too rigid a regime for you. When the pain you describe is present take two Antipyrin Tabloids (Burroughs, Wellcome & Co.'s) in water, and repeat the dose in two hours, if not relieved. If the pain continues, we should advise you to consult a physician who makes a specialty of women's ailments.

PORTOBELLO.—The feeling of drowsiness experienced on visiting the sea at first is well known, and is probably due to atmospheric influences, and to the purity and strength of the sea-air. This is a reason why change to the sea is so often recommended in cases of nervous over-work and sleeplessness.

NERVOUS.—1. What you name is nothing serious, and only due to the cold. Take, after your meals, a dessertspoonful of Thomson's Cod Oil Cream (Dublin-street, Edinburgh), and at bed-time inhale the vapour of Sanitas Oil added to a pint of very hot water. 2. Gymnastic exercises, *e.g.*, on the horizontal bar and trapeze. 3. Shave, by all means.

GEORGIE PORGIE.—See advice fully given to "C. Park," in HEALTH, No. 303. Give up tea and coffee, and take Van Houten's Cocoa instead; and take at night (in place of tea) Grant's Oat Flour. The Cascara will also aid you largely. Continue the brown bread and fruit dietary. The Oat Flour might be taken to supper; and in the morning you should drink a tumblerful of cold water. Trust to diet, Cascara, and these latter rules, and you will get quite well.

A. FULLAGAR.—1. Apply to Messrs. Pulvermacher, 194, Regent-street, London, W. 2. Howie's Filter (advertised in our pages) is that we recommend.

MOTHER.—Mellin's Food is the proper diet for your infant. The food you are now using is starchy, and is, therefore, practically a poison to a child under eight months' old. Mellin's Food is the best you can use at the age you name.

C. GREVELL.—Add to the water you use in washing the "Oriental Salts" (advertised in HEALTH), to soften the water. Your ailment arises from the hardness of water. The Salts will soften it. Use Bayley's Spermaceti Soap for washing.

E. GIBBS.—1. Try Pitkeathly Water; drink regularly night and morning, and limit your flesh food. 2. Horsford's Acid Phosphate is the tonic suited for your case.

A. BROWN.—Read the pamphlet, "A Lecture to Young Men" (post free for 1s. 1d. from Mr. Renshaw, 356, Strand, London, W.C.), and follow out the directions there given as to tonics and electrical remedies. Avoid quacks.

QUEENY.—Take twenty drops of Cascara Cordial in water, an hour before breakfast, as a cure for constipation, and follow up the cure by care in diet. Avoid tea and coffee, and take wholemeal bread, Scott's Midlothian Oat Flour, for breakfast and supper; eat little butcher meat, but take white boiled fish, stewed fruits, and corn flour. Take moderate exercise, and try a cold or tepid bath each morning if you have sufficient reaction thereafter.

FORTIS.—Apply to Messrs. Burroughs, Wellcome & Co., Snow-hill-buildings, London, E.C., and they will send you address of your nearest druggist who keeps the tabloids.

HENRY W. H.—The whole thing is simply a scheme to get money out of you by charging an exorbitant price for the remedies named. Our advice to you is to take Thomson's Cod Oil Cream (Dublin-street, Edinburgh), in dessertspoonful-doses, after your meals, and otherwise to let your dietary be of generous kind. Take a pint of stout to dinner each day, and do not overdo your exercise. The above-named Cod Oil Cream will benefit you certainly. Let us hear how you are in a few weeks' time.

J. S. W.—We are sorry that we are unable to help you. As we know nothing of the pills in question, we can pronounce no opinion

on their merits. We should say, however, they are likely to be perfectly safe.

GALLOW.—Try the application of dry, hot salt, warmed in a pan, and then applied in a flannel-bag over the painful part. In addition, give twenty-five grains bromide of potash in a wineglass of water twice daily, but only when the pain is present. It is probable that in such a case change of air would be beneficial, and a tonic remedy is also indicated. Give fifteen drops Fer Bravais in water twice daily after meals. Write again, if not bettered.

G. R.—You may use a little Brilliantine with all safety to the hair, along with the lotion.

SANITASSA.—1. Try the lotion ordered to "E. P. F." in last week's HEALTH. 2. Burroughs, Wellcome & Co.'s Tabloids of Euonymin and Nux Vomica should be tried. Order from your druggist, and use as directed on the bottle. These Tabloids were noticed in a recent issue of HEALTH. 3. Possibly, an iron and quinine tonic would suit such a case most perfectly. Try Pepper's Iron and Quinine.

H. C.—1. Send 4½d. in stamps to the Publisher of HEALTH, and procure HEALTH, No. 199, and read therein the article on "Blackheads," which deals fully with that ailment. See, also, HEALTH, No. 302, for article on the parasites of the skin. 2. Apply a little aromatic vinegar daily to warts on the hands.

E. SWANN.—The salt and water will not hurt your eyes, but it is certain to lose its effect in time. You should vary the syringing by using a little Condy's Fluid and water in place of the salt and water; and you should try Marshall's Cubeb Cigarettes, and bring the smoke down your nose. A visit to the seaside is, however, the best cure for such a complaint, and you should brace up your system by taking a teaspoonful of Syrup of the Hypophosphites twice daily, after meals, in a wineglass of water.

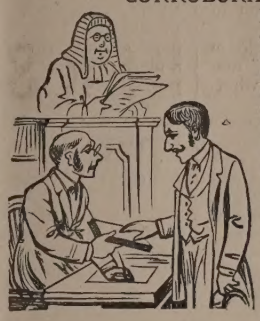
TRAFALGAR.—You should purchase the pamphlet, "A Lecture to Young Men," from Mr. Renshaw, 356, Strand, London, W.C. Its cost is 1s. 1d. by post. Your questions savour of foolishness. If your thoughts run on such subjects, do you suppose there is anything unnatural in the result you name?

DRESDEN.—Avoid acid and sweet foods, and try the effect of taking twenty grains bromide of potash, at bedtime, in water, when your symptoms trouble you. It is probable, however, that the treatment you really require is a change of air and a tonic. Try the tonic recommended above to "E. Swann," after meals, twice daily, and take a cold or tepid sponge-bath each morning.

TASMANIA.—[You infringe our rule regarding writing on one side of the paper only.] 1. In such a case, we should sponge the chest with tepid salt water each morning, using brisk friction thereafter, and take a dessertspoonful of Scott's Pure Cod Oil Emulsion, after meals, thrice daily. At bedtime, the vapour of Sanitas Oil, added to a pint of very hot water (in an inhaler), should be inhaled. 2. Good claret is a very healthy beverage; the Australian clarets and Burgundies are also excellent when taken with meals.

WILLIE.—1. Read the pamphlet, "A Lecture to Young Men," post free for 1s. 1d. from Mr. Renshaw, 356, Strand, London, W.C., for information regarding your first question. 2. Use a little tincture of myrrh, added to tepid water, as a mouth-wash, or try the Pyrethrine Mouth-Wash made by Mr. Bromley, chemist, George-street, Edinburgh. If the teeth are thoroughly loose, nothing can render them secure.

CORROBORATIVE EVIDENCE.



IT is easy to make assertions, but often difficult to prove them. People now-a-days demand a verification of any statement that may be made, and it is right that they should. For months the columns of this paper have contained the most extraordinary statements, made by the proprietors of a much advertised article as to the merits of their remedy. To-day they present the testimony of our neighbours and friends in verification of what they have asserted in the past. Such testimony must be accepted and respected because it comes from people living right here in Surrey, where the truth of their statements can be easily verified. The following are published with the hope that the fullest investigation will be made by the public.

Mr. D. Mills, 2, Drakefield-road, Hatcham.—"I have found great benefit from disease by the use of 'Warner's SAFE Cure.'"

Mr. J. Prior, 244, Brockley-road, Brockley, S.E.—"I have been cured of indigestion, caused by sluggish liver, by the use of 'Warner's SAFE Cure.'"

Mr. J. A. Piccaver, 140, Stockwell Park-road, Brixton.—"Having been saved from a premature grave by the use of 'Warner's SAFE Cure,' I am anxious the world should know of its efficacy in curing Bright's disease."

Mr. E. Henry, 128, Hither-green, Lewisham.—"After a long spell of sickness, I have been restored to vigorous health by the use of 'Warner's SAFE Cure.'"

Mrs. Merrita Cox, 125, Albert-road, Peckham.—"I cannot express my gratitude for the benefit I have derived from 'Warner's SAFE Cure.'"

Mr. Emanuel Beebee, 47, Haymerle-road, Peckham.—"I suffered from stone in the bladder, and was told by my medical man that I must go to the hospital and have it cut out; I took 'Warner's SAFE Cure,' and was cured."

Statements like the above ought to be convincing; but if you still doubt, write to any of the above, or all of them, enclosing stamp for reply, when full particulars will be sent you. If you are feeling unwell and are ignorant of the cause, write to Warner & Co. for Treatment Blank and have your case diagnosed free of expense.

"Warner's SAFE Cure" can be had of all chemists and medicine vendors in the United Kingdom, at 4s. 6d. per bottle, or of H. H. Warner and Co., 86, Clerkenwell-road, London, E.C.

OXALIS.—Try Mr. Martindale, chemist, New Cavendish-street, London, W.

C. P.—The period of infection in measles is usually four weeks. It is not safe, under that period, to allow patients to mix freely with other persons. We should incline to allow five weeks, and to see, of course, to the thorough disinfection and airing of clothes, bedding, and rooms, and to the use of baths, &c., by the patients during the last week of isolation after convalescence.

MILK IN POWDER!

UNSWEETENED OR SWEETENED.

PREPARED BY

THE SWISS MILK CO.,

ST. GALL, SWITZERLAND.

THE CHEAPEST, PUREST, AND MOST NUTRITIOUS

Of ALL similar productions.

THE LANCET says:—"A very interesting and valuable preparation."

BRITISH MEDICAL says:—"The Preparation is sure to be appreciated."

THE MEDICAL PRESS says:—"A milk which is with difficulty distinguished from fresh cow's milk."

HEALTH says:—"A milk which cannot but commend itself to everyone who can enjoy pure, rich milk."

LONDON OFFICE: 61, MARK-LANE, E.C.

Telegraphic Address—"LAWINSKI, LONDON."

C. P.—The Medical Battery Co., 52, Oxford-street, London, W., will aid you in your inquiry. Apply to them.

PRO BONO. — Read the full article in HEALTH, No. 199, on "Blackheads" and their treatment. Milk has nothing whatever to do with their formation.

J. GOLDSMITH. — Buy Pye Chavasse's books, "Advice to a Wife" and "Advice to a Mother," both published by Messrs. Churchill, 11, New Burlington-street, London, W., price 2s. 6d. Order of any bookseller. They are very useful manuals, and are plainly written.

AUGUSTE.—There is an evident necessity in your case for adopting a bracing constitutional treatment. Begin by taking an hour before meals, twice daily, a teaspoonful of Easton's Syrup in a wineglass of water, as a suitable tonic, and after meals take a dessertspoonful of Scott's Pure Cod Oil Emulsion. Continue to live plainly and well, as you are doing. A little good claret (or stout) to dinner may be advisable. Write, after a trial of this advice, and let us hear how it affects your symptoms.

Weakened Energy

Horsford's Acid Phosphate.

THIS preparation supplies the phosphates required for the performance of the several functions of the body, and acts as a nutrient to the cerebral and nervous systems. Its value in the restoration of weakened energy is wonderful. Agreeable to the taste.

Dr. EDWIN B. WOOD, M.R.C.S., and L.R.C.P., Surgery, 123, Holoway Head, Birmingham, says: "I have tried it in extreme nervous debility, with very good results. I speak with great confidence of its good effects, and mean to continue its use."

Descriptive Pamphlet post free on application to

Rumford Chemical Works,
Providence, R.I., U.S.A.

Beware of Substitutes and Imitations.

AERONAUT.—What you name often arises from not resting after your meals, and also from excess of vegetable foods, and specially potatoes. Try five drops Pure Terebene on a piece of sugar when your symptoms are present. Take also a couple of Cascara Tabloids, between meals, every other day for a week, and let us hear effect of this treatment.

J. ANGUS. — Obtain No. 199 HEALTH from the Publisher, read the article on Acne and Blackheads contained therein, and follow out the directions therein given for treatment. Take a hot bath at bedtime twice a week, and try a teaspoonful of Easton's Syrup in a wineglass of water, twice daily, after your meals. If not bettered, write again.

OMEGA.—1. You must judge for yourself whether or not you need to take a fresh supply of the tonic. 2. No; not injurious in any way.

APPREHENSIVE NERVOUSNESS.

Debility, Rheumatism, Gout, Sciatica, Torpid Liver, Kidney Disorders, and every form of weakness may be speedily cured by wearing

HARNESS' ELECTROPATHIC BELT.

It generates a mild continuous current of Electricity.

Produces no Shock or Discomfort whatever.

Testimonials, Pamphlet and Advice free, personally or by letter.

Write at once to **Mr. C. B. Harness,** Consulting Electrician, **MEDICAL BATTERY Co. Ltd.**

52, OXFORD ST. LONDON, W.

(Corner of Rathbone Place.)

SELLERS' NAPHTHOL SOAP

ENTIRELY SUPERSEDES
COAL TAR AND CARBOLIC SOAPS.

Is acknowledged to be the most practical and effective soap ever introduced. For Skin Affections and Toilet purposes it is eminently serviceable in producing a clear, smooth, and healthy condition of the skin and complexion.

Boxes of 3 Large Tablets, 1s. 1d., by post from the Sole Maker,

J. SELLERS, 57, Farringdon-road, London, E.C.,
And of all Chemists.

DOIGS "Septicide" DROPS AND LINIMENT

KILL DISEASE IN EVERY FORM.

UNPARALLELED for Bronchitis, Diphtheria, Chest, Liver, and Kidney Complaints, Diarrhœa, Constipation, Congestions, Rheumatism, Gout, Inflammations, Children's and Female Ailments, Fevers, Ulcers, Old Sores, Blood and Skin Diseases, Wounds, Pains, Bruises, &c., &c.

Of all Chemists, 1s. 1½d. per bottle; or post paid of the Proprietor, ALEXANDER DOIG, 7, St. Paul's Churchyard, London, E.C. Demonstrations Free from 10 to 4 daily.

BETA.—See advice given to "J. Angus" in the present number. Read the article alluded to, and note directions therein for treatment. You should press out the blackheads as soon as they form, and your skin-action must be aided by the use of hot baths at night. Avoid excess of fatty foods.

GIAOUR. —1. What you experience is simply a common result of your deprivation for a time from the "exercise" to which you refer. In our opinion, there is nothing the matter with you which cold sponging, together with more open-air exercise, will not remedy. Your sedentary or confined life is somewhat against you. If you take our advice, you will give up thinking about yourself, and simply live as you are doing, plainly and intelligently, and continue your cold sponge-bath. Drugs are not required in your case at all. 2. We do not know the medicines to which you refer, and therefore cannot advise about them. 3. Pulvermacher's Belts may certainly be tried; they are genuine appliances.

COWAL.—1. Take the tonic twice daily only; no drug should be taken continuously; and if the tonic does not benefit you after a fair trial, give it up. Trust more to fresh air, exercise, and plain living at large. 2. The belts you name are excellent appliances in every way, and may be tried. 3. Very probably the want causes the pain, but it is of no consequence at all.

STOP THAT COUGH

BEFORE IT REACHES THE LUNGS

By taking a small Bottle of

SCOTT'S EMULSION

IT WILL SURELY CURE YOUR COUGH AT ONCE,

and, unlike ordinary cough remedies, will strengthen and build up your system.

SCOTT'S EMULSION is a skilful combination of Cod Liver Oil with Hypophosphites, and the potency of these two tried and unequalled remedies has been increased threefold by their ingenious combination with Glycerine into this very palatable Emulsion.

SCOTT'S EMULSION will cure Consumption in its earlier stages without fail, and will surely relieve in the later stages and greatly prolong life.

FOR DELICATE, SICKLY CHILDREN, AND FOR EMACIATION,

It will increase flesh and strength when all other remedies have failed.

SCOTT'S EMULSION of Cod Liver Oil with Hypophosphites is entirely deprived of the disagreeable taste of plain Cod Liver Oil and is much more effective.

Physicians prescribe it in preference to the plain oil, having seen its remarkable curative effects.

All Chemists, at 2s. 6d. and 4s. 6d.

ROWNTREE'S "ELECT" COCOA.

The "**Hospital Gazette**" says:—
"Among the advantages it possesses may be enumerated
"the ease with which it may be prepared, and its **agree**
"**able flavour** and **aroma.** In addition to these, it is,
"when properly made, hardly thicker
"than coffee, thus avoiding the dis-
"advantage of some preparations which
"are thick and muddy; this is produced
"by the **total absence of any thicken**
"**ing matter.** To sum up tersely, we
"would say that **everyone should elect**
"**to use it.**"

YORK, ENGLAND.

DR. RIDGE'S PATENT COOKED FOOD IS THE BEST FOR INFANTS & INVALIDS

RIDGE'S FOOD
Has the
LARGEST SALE
of any Infant's Food
in the World.

RIDGE'S FOOD sets the babies on their legs, and makes them push along.

MILLIONS
of Children have been brought up exclusively upon RIDGE'S FOOD, when they could not thrive on anything else.

RIDGE'S FOOD is Satisfying, Strengthening, Soothing, Agreeable, Digestible, and Nourishing.

MANUFACTORY—
RIDGE'S ROYAL FOOD MILLS,
LONDON, N.

Telegraphic Address—
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